

LAC – November Time Trials – Briefing Notes

All Sessions

General Comments on Safety Protocol:

- Entry to the facility requires proof of vaccination (receipt or QR code plus government ID), mask, and screening. Masks should remain on when not swimming.
- Please see the Return To Racing Safety Protocol Document – we are all responsible for its execution but note that the City and Facility restrictions have relaxed significantly since the safety plan's last update.
- Masks on and distance as you can.
- Common sense and flexibility should prevail. Conditions may change. For example, if we do not have a spare timer then an official who is also judging S&T cannot stop timing to go see the referee. We will handle unforeseen circumstances as they arise.
- Overriding principles. Safety first, masks on, physical distancing as possible when not in motion and do your best even when in motion. Sanitize hands, and also equipment that **MUST** be shared, as much as possible.
- There will be more safety comments as appropriate throughout this document.
- Do not touch the swimmers! This is more important now than ever.
- If there is an emergency, we will defer to instructions from the staff. Pay attention and do as they say.
- Usually we are told to leave our cell phones off the deck but now we are allowed to use them to help communicate from a distance. We are not doing that at this meet. I encourage you to leave them off the deck. Our pool is deeper than the IP67 certification of most cell phones.

Strokes:

- Please see the Officials Grid or the Meet Package for your session. Heat sheets will be provided and they will be on the LAC Web site

Format:

- Senior seeded - 1 age group from 0 to 109
- Mixed - all genders swim together
- Fastest to slowest – to allow new swimmers to see what happens at a meet
- Results will be split by sex but the single age group will remain
- Only 4 lanes, 2, 4, 6, 8 are in use

Deep Start:

- See Officials Grids for assignments and who your Referee and Starter are.

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Session times:

- Session 1 – Warm-up 3:00 – 3:30 PM, Start: 3:30 AM, Finish: 4:40 PM
- Session 2 – Warm-up 5:00 – 5:30 PM, Start: 5:30 PM, Finish: 6:40 PM
- Session 3 – Warm-up 7:00 – 7:30 PM, Start: 7:30 PM, Finish: 8:50 PM

Concussion Protocol:

- The Referee/Competition Coordinator must be informed by ANYONE who sees an incident that may have been a head impact, the swimmer removed, and Swim Ontario informed.

COC/Marshalling:

- Self-Marshalled. Coaches and officials will assist in session 1 and 2. Spare officials will help control the deck and swimmers at the start end.
- There is no official Clerk of Course but people are assigned guide as needed

Chief Timekeeper:

- There is no official Chief Timekeeper. There are no watches or clipboards. The job is reduced to being a spare official. We will have spare officials.

Swimmer Movement:

1. On the FINA Tweets (Series of rapid short whistles) the next heat to swim should step up to the blocks without mounting the block or getting into the pool (backstroke), mask should be off, cap and goggles on and adjusted by the time the long whistle signals to mount the block or enter the pool (backstroke).
2. At the same time, on the FINA Tweets, the marshalling official will release the waiting heat to walk along the North wall to the lanes but remain back behind the lane officials. They can remove their masks, outerwear, towel, footwear and prepare for the Tweets for their heat.
3. After the start for the heat on the blocks, the starter will ask the swimmers from the prior heat to exit the pool. They will do so promptly, put their mask back on, gather their things and exit from the start end by walking toward the starter and back to their designated area.
4. Once the last swimmer exiting (from lane 8) has moved past their lane, the next swimmer can prepare to move forward but should NOT get in the way of the officials.
5. When the last swimmer finishes the race in progress, the Starter will ask the swimmers in the water to move to the empty lane to their left, toward the starter.
6. Back to point 1

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Starts:

- No fly-over starts. Swimmers finishing will move into the empty lane toward the starter and wait there for the start and instruction from the starter to clear the pool.
- Backstroke ledges WILL NOW be available.
- We have lots of time. No need to rush.
- At the end of the race the Starter should ask the swimmers to move to the empty lanes to their left. Then, after the start of the next heat, will ask the swimmers to clear the pool.
- Referee and Starter should both take sweeps at the finish.

Clearing Pool:

- Swimmers will exit the pool on the end wall from the non-racing lanes that they are waiting in. See Swimmer Movement section above.

Timing:

- 2 plungers only. No watches. No clip boards.
- If there is one official per lane on the start end, then they will use both plungers, one in each hand. If there are 2 timing officials, then one plunger each please.
- Each official will have a heat sheet. Confirm, from a distance, that the name of the swimmer matches the name on the heat sheet for the next heat.
- Obviously no watch check.
- Start end S&T with their own lane are expected to plunge for their lane. They are timers as well if they are alone covering their lane.
- Officials who are timers-only can sit if chairs are provided or stand at least 2m back from the block until the swimmer is approaching the wall on their last length. Please pay attention to the lap count.
- As the swimmer approaches the wall for the finish, all Officials plunging should get up to the edge with 1 or 2 plungers depending on the situation, see above.
- Do not step on the top of the touch pad.
- **Watch the wall, not the swimmer's hand. If you watch the hand you will anticipate the touch and plunge early.**
- When the any part of the swimmer touches the wall or passes through the plane of the wall, push the button(s) firmly with your index finger(s).
- Gently place the plunger(s) down on their side out of the way.
- Return to your position at least 2m back from the block to allow the next swimmer to get ready.
- Until this point, the next swimmers should be well back behind the officials.
- Note that there will be 2 plungers for every lane.

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Chief Finish Judge/Chief Judge Electronics:

- There MAY not be a proper CFJ or CJE. If not then The electronics operator will be noting if there was a light touch by the swimmer or a pad malfunction. Their notes and other evidence will be used to determine official times. The Meet Manager or Competition Coordinator will be the Recorder/Scorer if no one is assigned.

Missed swim:

- We will try to get missed swims in, but in the same event. Make sure that the referee and office is aware of any swimmers swimming in the wrong heat or lane.

DQ procedure (Bulkhead):

- Only one official will leave at a time. Let the other official(s) know you are leaving so they can cover your lane(s)
- Wait until the end of the race before approaching the Referee.
- As soon as you see the infraction, circle the heat and lane number of the infraction on your heat sheet.
- Make notes about what you saw. Be detailed.
- When ready and the race is finished, check to see if there is anyone else with the Referee or if anyone else is moving in that direction.
- There should be no more than 2 people with the Referee at a time. Go when you can.
- Try to maintain physical distancing, especially if you are stationary.
- Discuss the potential infraction with the referee
- Referee makes the DQ call. The official writes up the slip if an infraction
- Coaches will be informed at the first opportunity or after the session
- Do not tell the swimmer

DQ procedure (Start End):

- A start end official can only leave if there is a spare official to sub in for you. Someone needs to be available to plunge for the lane. If there is a spare but they are in use then wait until they are available. If there is no spare at all then you will need to talk to the Ref at the end of the session.
- Wait until the end of the race before approaching the Referee.
- Before approaching the Referee circle the heat and lane number of the infraction.
- Make notes about what you saw. Be detailed.
- When ready and the race is finished, check to see if there is anyone else with the Referee or if anyone else is moving in that direction.
- There should be no more than 2 people with the Referee at a time. Go when you can.
- Get the Spare to sub in for you.
- Try to maintain physical distancing, especially if you are stationary.

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- Discuss the potential infraction with the referee
- Referee makes the DQ call; The official writes up the slip, if an infraction
- Coaches will be informed at the first opportunity or after the session
- Do not tell the swimmer

S&T:

- We MIGHT have stroke judges on the sides, If we have them then they can call any infraction for start, strokes, turns, and finish (except false starts). The S&T officials on the ends will judge starts, strokes, turns, and finishes at their end of the pool.
- Jurisdiction is from your end wall to the centre of the pool, 12.5m out.
- Depending on the session, there are either 4 S&T on the start end, 2 S&T and 2 timers, or 4 timers and 2 S&T.
- This is not a contest to see who can get the most infractions. Be fair.
- The benefit of doubt goes to the swimmer.

Start End S&T:

- Depending on the volunteer qualifications the staffing at the start end could have many configurations. Examples include 4 S&T and no timers (S&T each cover one lane and operate the plungers for that lane, 2 S&T and 2 timers (S&T judge for two lanes and plunge for one lane), 2 S&T and 4 Timers (S&T do not plunge but each judge 2 lanes). You get the idea.
- At the start of the race the S&Ts will stand 2m back from the blocks.
- On the start signal they will immediately move the pool edge to observe the start and the stroke to the centre of the pool. At that point they will immediately return to their position 2m back to allow the exiting heat to get out of the pool and walk past to get their mask and anything else they have left on the deck.
- As soon as they have passed, return to the edge of the pool to observe the returning stroke, the turn, and the stroke to the center of the pool.
- You might as well remain there for the rest of the race.
- Observe the finish, plunge your lane and return to your position 2m back to allow the next swimmer to approach.
- During backstroke the ledges will be in use. The official assigned to the lane is responsible for the backstroke ledge. The S&Ts will ensure proper operation for their lane(s).

Coaches:

- Unless working with a PARA swimmer, coaches are not normally allowed at the start end behind the blocks.
- At this meet will have some young and inexperienced swimmers in the first 2 sessions.
- We will allow coaches to help in those situations. It is a TimeTrial.

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Stroke Rules - Butterfly:

- Dive start from the blocks.
- The swimmer must remain on their breast throughout the race.
- Swimmer is allowed as many underwater butterfly kicks as desired, on their front.
- The first arm pull will bring the swimmer to the surface.
- The head must break the surface at or before the 15m mark.
- Each arm pull is simultaneous
- Recovery is also simultaneous and (wrists and elbows) over the water.
- The swimmer may take as many kicks per arm pull or arm pulls per kick as desired.
- At the wall the swimmer must touch with two hands simultaneously.
- If it is for a turn, on a successful touch, the swimmer may turn in any manner as long as they are on their breast when their feet leave the wall.
- After the turn, the swimmer has the same underwater opportunity as at the start.
- Once an arm stroke is started the swimmer is committed and the stroke must be completed with an over the water recovery. This usually comes into play at the wall.

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Stroke Rules - Backstroke:

- The start is the water.
- Backstroke ledges are in use, but are optional. Install the ledges in all lanes before the first heat.
- The swimmers can opt to not use the ledge. In that case the ledge should be removed from water, but remain on the block.
- If the ledge is in use confirm that the height is correct for the swimming.
- If the ledge is in use the ledge must be removed from the water after the start.
- Swimmers must have both hands on the handles and be facing the start end wall.
- Feet/toes may not be over the top of the end wall or a gutter.
- If the ledge is in use some, part of each foot must be in contact with the wall for the start.
- At the start signal the swimmers push off on their back and must remain on their back except at the turns.
- They may propel themselves in any manner under the water except by using the bottom, the walls, or the lane markers.
- Their head must break the surface by the 15m marker.
- Once surfaced they must remain at the surface until the turn or finish.
- At the turn there are 3 choices:
 1. Touch the wall on their back. Once they touch the wall on their back they can turn in any manner as long as they are on their back when their feet leave the wall.
 2. Flip onto their front and immediately grab the wall and push off on their back.
 3. Flip onto their front and initiate a flip turn and be on their back when their feet leave the wall. After they flip onto their front the swimmer has the option to immediately take a continuous single or simultaneous double arm pull prior to immediately initiating the flip turn. If no pull is taken then the flip turn must occur immediately upon turning onto their front.
 4. If a pull IS being taken then the official is obligated to be sure that the pull was complete if they feel that there was a failure to initiate the flip portion of the turn.
- On leaving the wall the swimmer has the same underwater opportunity as at the start.
- If the swimmer misses the wall on the turn they may not go back to make the touch. By missing the wall they swam on their front.
- At the finish the swimmer must touch the wall while on the back and at the surface of the water.

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Stroke Rules - Breaststroke:

- Dive start from the blocks.
- The swimmer must remain on the breast throughout the race
- The swimmer may surface and immediately begin breaststroke.
- Optionally the swimmer may take one underwater simultaneous double arm-pull down to their hips.
- The pull is followed by a breaststroke kick.
- Some time prior to the breaststroke kick the swimmer may take one butterfly kick.
- On the second arm pull the swimmer's head must break the surface of the water by the time the swimmers arms reach the widest part of the pull and the arms start to turn in.
- There is no 15m rule for breaststroke.
- Once at the surface the stroke is cyclical, a simultaneous double arm pull, not past their hips followed by a breast stroke kick with simultaneous leg movement and the toes pointed out.
- 1Pull, 1kick, 1 pull, 1 kick.
- The head must break the surface at some point in each cycle.
- The swimmers elbows must remain in the water except on the last recovery as the swimmer reaches for the wall at the turn or the finish.
- At the turn and the finish there must be a simultaneous 2 hand touch.
- Once a successful touch is achieved the swimmer may turn in any manner as long as the swimmer is on the breast when the feet leave the wall.
- On leaving the wall the swimmer has the same underwater opportunity as at the start.

Stroke Rules - Freestyle:

- Dive start from the blocks.
- The swimmer's head must break the surface by the 15m mark.
- No pulling on the lane ropes or the wall or pushing on the floor or the wall in the direction of the race.
- The swimmer must touch the wall at the turn and the finish

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Stroke Rules - Individual Medley

- Dive start from the blocks.
- Order of strokes is Butterfly, Backstroke, Breaststroke, and Freestyle.
- The freestyle portion of the I.M. must NOT be one of the other strokes.
- The rules for each stroke are the same as with the individual stroke races except the starts for the last three strokes are in the water.
- The finish of each stroke segment is the same as for finishing the race of the individual stroke.
- These rules cause a couple of things to watch for:
 1. The backstroke must finish with a touch at the surface on the back which can produce some interesting, some legal and some not, transitions from backstroke to breaststroke.
 2. The freestyle portion of the I.M. must NOT be one of the other strokes so if the swimmer leaves the wall on their back in the freestyle portion of the race, they cannot propel themselves in anyway until they have returned to their front.

Enjoy the meet!